

# Summer Yoga Stories

Name **Twisha Kota**

Age **5 yrs**

## WHAT WE LEARNED



**50+**

Yoga poses that made us strong, flexible and balanced.



**10+**

Breathing exercises that strengthened our lungs, calmed our minds and improved our focus.



**15+**





Yoga stories through which we improvised, used our bodies creatively, explored different cultures and built empathy

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## SPICE Learning Progress

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
<b>SOCIAL</b> 	Listening & Attention			★
	Participation			★
	Communication			★
<b>PHYSICAL</b> 	Overall Fitness			💪
	Flexibility			💪
	Balance	💪		
<b>INTELLECTUAL</b> 	Memory		🧠	
	Comprehension			🧠
	Focus			🧠
<b>CREATIVE</b> 	Imagination			🌈
	Improvisation		🌈	
<b>EMOTIONAL</b> 	Reflection			💜
	Self-awareness			💜

## Takeaways

Tvisha is extremely motivated and keeps working on improving her practice. She was very engaged throughout the Yoga sessions and I was impressed with her easy going and friendly nature. Tvisha connected the Yoga Tales with the self reflection very well. She practised hard and was able to accomplish the wheel pose which she was not able to do at the start of the course. Thank you Advait for helping Tvisha out. Kudos Tvisha! Well Done!